



C Y C L E O W N E R ' S
M A N U A L



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1.0 IMPORTANT SAFETY INSTRUCTIONS

READ AND SAVE THESE INSTRUCTIONS

- This Cycle is intended for commercial use.
- To insure your safety and protect the equipment, read all instructions before operating the MATRIX Cycle.

When using an electrical product, basic precautions should always be followed, including the following:

DANGER To reduce the risk of electric shock:

- Always unplug this equipment from the electrical outlet immediately after using and before cleaning.

Your MATRIX Cycle is self-generating (requiring no external power source) and must be pedaled to power up the console.

WARNING To reduce the risk of burns, fire, electrical shock or injury to persons that may be associated with using this product:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
- This product must be used for its intended purpose described in this Owner's Guide. Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not remove the side covers. Service should only be done by an authorized service technician.
- Never operate the Cycle with the air opening blocked. Keep the air opening clean, free of lint, hair and the like.
- Never operate product if it has damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the unit to a service center for examination and repair.
- Do not carry this unit by supply cord or used cord as handle.
- Keep any power cord away from heated surfaces.
- Keep hands and loose clothing away from moving parts.
- Close supervision is necessary when Cycle is used by or near children, invalids, or disabled persons.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Connect this Cycle to a properly grounded outlet only.

CAUTION If you experience chest pain, nausea, dizziness or shortness of breath, STOP exercising immediately and consult a physician before continuing.

SETTING UP THE CYCLE

Assembly instructions have been provided with your Cycle. For your safety, please read and follow each of the steps in the assembly guide. To obtain a copy of the assembly guide, please contact MATRIX FITNESS SYSTEMS or the local authorized dealers.

1.1 INSTALLATION REQUIREMENTS

Your MATRIX Cycle is designed to be self contained and does not require a power supply to operate.

CAUTION Use of the wrong power supply may cause damage to your Cycle and/or entertainment device.

Locate a level stable surface to position Cycle. The Cycle has four leveling feet located under the foot support. If your Cycle wobbles in the location where you intended to use it, loosen the lock nut on the adjusting foot and adjust the feet until stable. Once level, lock the adjusting feet by tightening the lock nut to the frame.

1.2 PREVENTATIVE MAINTENANCE AND CLEANING TIPS

Preventative maintenance and daily cleaning will prolong the life and look of your MATRIX FITNESS equipment.

Please read and follow these tips.

- Position the equipment away from direct sunlight. The intense UV light can cause discoloration or plastics.
- Locate your equipment in an area with cool temperatures and low humidity.
- Clean with a soft 100% cotton cloth.
- Clean with non-ammonia based cleaners.
- Wipe seats, handles, heart rate grips, and handlebars clean after each use.
- Do not pour liquids directly onto your equipment. This can cause damage to the equipment and in the same cases electrocution.
- Check pedal safety straps weekly for wear.
- Adjust leveling feet when equipment wobbles or rocks.
- Maintain a clean area around equipment free from dust and dirt.

2.1 USING MANAGER PREFERENCE MODE

Your MATRIX Cycle is designed to allow you to customize settings for your preferences and diagnostics. The Manager Preference Mode can only be accessed while the Cycle is powered up. Follow the instructions to adjust the Cycle computer for your desired setting.

STEP 1 Power up the Cycle and Hold the UP and DOWN arrow keys for 3 seconds. The word Manager will appear in the alphanumeric window and will enter into the Manager Preference Setting automatically after 3 seconds. Continue to pedal until finished.

STEP 2 Select information you would like to view or change from the following list, by using the UP or DOWN arrows. Press ENTER to select.

Manager preference mode will allow you to view and set the following.

DISPLAY CODE:	INFORMATION	USER DEFINABLE	DEFAULT VALUE	MIN.	MAX.
Manager	P0: Maximum program time	Y	95 min	5	95
	P1: Default time	Y	20 min	5	95
	P2: Default level	Y	L1	L1	L20
	P3: Default weight	Y	150 lbs	80 lbs	400 lbs
	P4: Speed	Y	Miles	Miles	
	P5: Machine	Y	BI	BI	
	P6: TV IR	Y	On	On	
	P7: Cardio Entertainment	Y	On	On	
	P8: Accumulated Distance				
	P9: Accumulated Time				
	P10: Software Version				

STEP 3 Use UP or DOWN arrows to increase or decrease values.

STEP 4 Press START to save and enter selected values and exit to STEP 2.

STEP 5 Exit by pressing Start. Screen will reset to Start up.

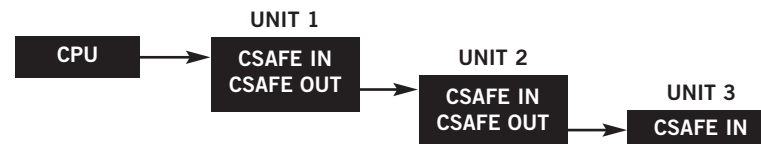
2.2 SELECTING US OR METRIC

Follow the instructions above. Select P4 Speed. Select miles or kilometers according to your location. The distance and weight will automatically be adjusted.

2.3 USING CSAFE

Matrix is the leader in entertainment availability. On the back of the console are three RJ45 receptacles. They are marked CSAFE IN, CSAFE OUT, and ENTERTAINMENT.

Use the csafe in to plug in an csafe device using the RJ45 connector csafe out allows csafe products to be daisy chained together from one unit to the next. The connection is as follows;



3.0 AJUSTING THE SEAT

3.0 ADJUSTING THE SEAT HEIGHT

Your MATRIX Cycle is designed for ease of use. We have incorporated seat height adjustments that are easily located and simple to adjust.

3.1 UPRIGHT SEAT HEIGHT

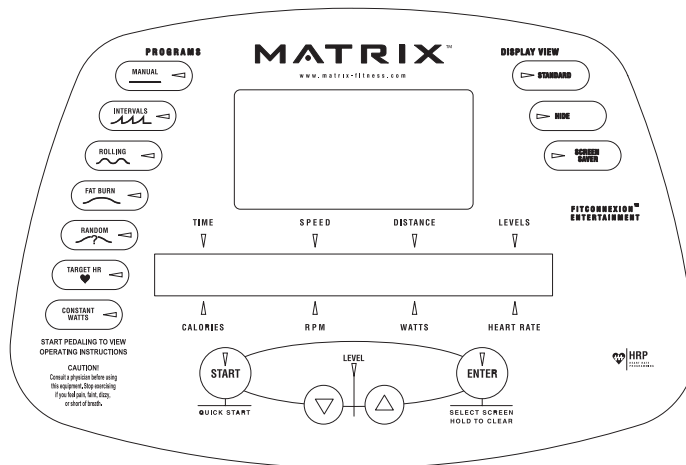
To adjust the seat height on the Upright Cycle, locate the yellow pull pin before you mount the Cycle. To lower the seat down, pull the yellow knob while holding the seat with the other hand and slide up or down accordingly. To adjust seat height up, simply raise the seat to desired position. Our automatic seat lock will set. Make sure you are not seated when you pull the knob or pull seat up.

3.2 RECUMBENT SEAT HEIGHT

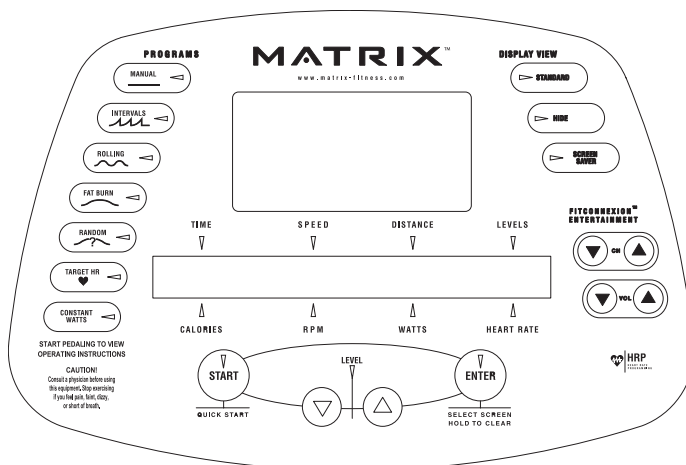
To adjust your seat height on the Recumbent Cycle locate the yellow lever under the right side of the seat before you mount the Cycle. Place your right hand on the yellow adjustment handle under the right side of the seat. Place feet on the ground while seated and slide forward if needed. Place feet on pedals, gently lift lever under the right side of the seat. Using legs slowly push and slide the seat up or down to desired position. Release lever and allow to lock into place.

4.1 CONSOLE DESCRIPTION

U.S. Market



International Markets



PROGRAMS Simple program view and selection buttons. MATRIX Cycles feature seven programs.

START/QUICK START One Touch Quick Start and Start any time during preference selection.

UP/DOWN Easy information and level selection.

ENTER/SELECT SCREEN/RESET This multi-function button enters information when setting up programming options, toggles information displayed and if held down for 5 seconds resets the Cycle to Start-up mode.

DISPLAY VIEW These three buttons allow the user to customize the way the unit's lights are displayed.

* **ENTERTAINMENT** Control the CHANNEL and VOLUME of your attached TV or entertainment system. (Must have Fit Connexion™ or entertainment source connected).

* **HEAD PHONE JACK** Located at the base of the console, just plug in a headset and use the ENTERTAINMENT buttons to adjust VOLUME. (Must have Fit Connexion™ or entertainment source connected).

(*) ONLY FOR INTERNATIONAL MARKETS.

4.2 MANUAL OPERATION

MATRIX design makes using the programs as easy as one touch of a button.

QUICK START Start pedaling and press QUICK START to begin workout. manual mode allows you enter designed time, level and weight

STEP 1 Select MANUAL program button on left of panel.
Press Enter or wait 5 seconds.
Selecting START will start program.

STEP 2 Select TIME by using the UP or DOWN arrow keys.
Press ENTER or wait 5 seconds.
Select START will start program.

STEP 3 Select LEVEL by using UP or DOWN arrow keys. You can change the level at any time during workout.
Press ENTER or Wait 5 seconds.
Select START will start program.

STEP 4 Select Weight by using the UP or DOWN arrow keys.
Press START or ENTER to begin workout.
Display, TIME, Starting 3, Starting 2, Starting 1

4.0 USING THE CYCLE OR RECUMBENT

4.3 OPERATING LEVEL BASED PROGRAMS

Your MATRIX Cycle offers versatile programs to keep the user motivated. The following instructions will guide you through simple steps to select INTERVALS, ROLLING, FAT BURN and RANDOM programs.

- STEP 1** Select the PROGRAM button on left of panel.
Press ENTER or wait 5 seconds.
Selecting START will start program.
- STEP 2** Select TIME by using the UP or DOWN arrow keys.
Press ENTER or wait 5 seconds.
Select START will start program.
- STEP 3** Select LEVEL by using UP or DOWN arrow keys. You can change the level at any time during workout.
Press ENTER or Wait 5 seconds.
Select START will start program.
- STEP 4** Select Weight by using the UP or DOWN arrow keys.
Press START or ENTER to begin workout.
Display, TIME, Starting 3, Starting 2, Starting 1

4.4 HEAT RATE CONTROL

For your convenience, MATRIX FITNESS Cycles come standard with digital contact heart rate sensors and telemetry compatible.

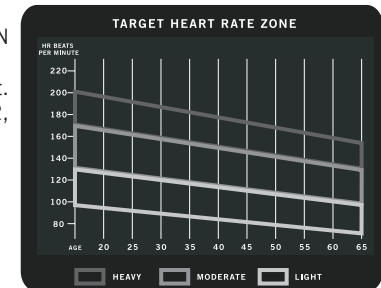
Locate the metal sensors on the handrail of the Cycle. Notice there are two separate pieces of metal on each grip. You must be making contact on both pieces of each grip to get an accurate heart rate reading. You can grab these sensors in any program to view your current heart rate located in the lower left hand window marked HEART RATE.

Heart Rate Program

Follow these easy Steps to enter into the Heart Rate Program.

- STEP 1** Select the PROGRAM button on left of panel.
Press ENTER or wait 5 seconds.
Selecting START will start program.
- STEP 2** Select AGE by using the UP or DOWN arrow keys.
Press ENTER or wait 5 seconds.
Select START will start program.

- STEP 3** Select PRECENT by using UP or DOWN arrow keys.
Press ENTER or Wait 5 seconds.
Select START will start program.
- STEP 4** Select TIME by using UP or DOWN arrow keys.
Press ENTER or Wait 5 seconds.
Select START will start program.
- STEP 5** Select Weight by using the UP or DOWN arrow keys.
Press START or ENTER to begin workout.
Display, TIME, Starting 3, Starting 2, Starting 1



4.5 CONSTANT WATTS

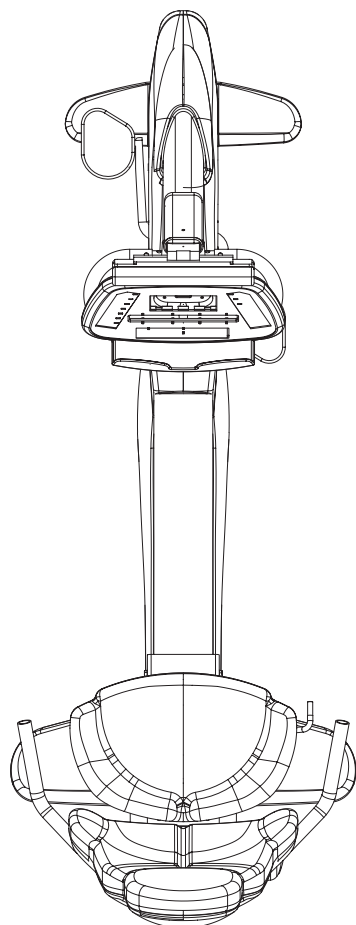
CONSTANT WATTS program is a unique program that allows you to vary your cadence or RPM and the Cycles resistance will adjust accordingly to your selected goal. The quicker you pedal the less resistance for the goal selected.

Follow these easy Steps to enter into the Heart Rate Program.

- STEP 1** Select the PROGRAM button on left of panel.
Press ENTER or wait 5 seconds.
Selecting START will start program.
- STEP 2** Select WATTS by using the UP or DOWN arrow keys.
Press ENTER or wait 5 seconds.
Select START will start program.
- STEP 3** Select TIME by using UP or DOWN arrow keys.
Press ENTER or Wait 5 seconds.
Select START will start program.
- STEP 4** Select Weight by using the UP or DOWN arrow keys.
Press START or ENTER to begin workout.
Display, TIME, Starting 3, Starting 2, Starting 1

> RECUMBENT CYCLE

MX-R5x



SPECIFICATIONS

Product Name	R5x
Foot Print	inches = 49" x 62" x 25" cm = 128.5 x 157.5 x 63.5
Weight	132 lbs 60 kg
Max User Weight	400 lbs = 181 kg
Frame Construction	Aluminum/Steel
Self Contained	Yes
Resistance Type	Generator
Resistance Level	20

PROGRAMS

One Button Quick Start	Yes
Random (20 profiles)	Yes
Target Heart Rate	Yes
Interval	Yes
Constant Watts	Yes
Rolling	Yes
Fat Burn	Yes

HEART RATE

Wireless Heart Rate	Yes
Contact Heart Rate	Yes

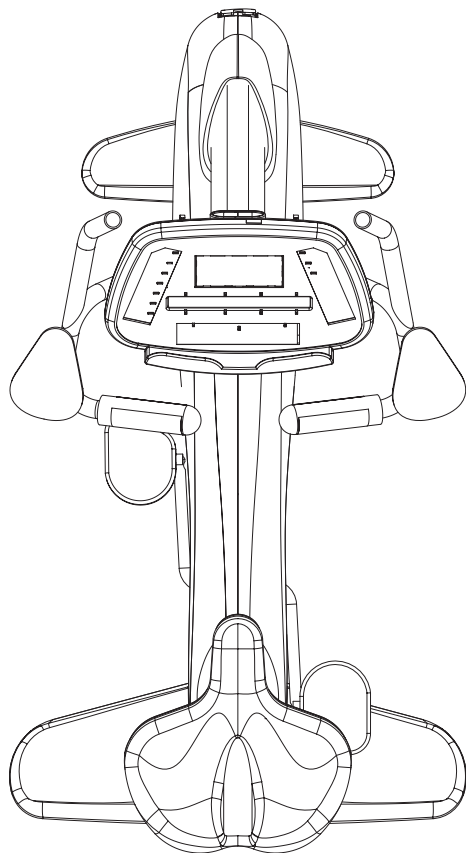
ENTERTAINMENT READY

Coaxial Cable Connection	Yes
AC TV Power Connection	Yes
Monitor Mount	Yes

5.0 EQUIPMENT SPECIFICATIONS

> UPRIGHT CYCLE

MX-U5x



SPECIFICATIONS

Product Name	U5x
Foot Print	inches = 57" x 44" x 25" cm = 144.8 x 111.8 x 63.5
Weight	106 lbs 48 kg
Max User Weight	400 lbs = 181 kg
Frame Construction	Aluminum/Steel
Self Contained	Yes
Resistance Type	Generator
Resistance Level	20

PROGRAMS

One Button Quick Start	Yes
Random (20 profiles)	Yes
Target Heart Rate	Yes
Interval	Yes
Constant Watts	Yes
Rolling	Yes
Fat Burn	Yes

HEART RATE

Wireless Heart Rate	Yes
Contact Heart Rate	Yes

ENTERTAINMENT READY

Coaxial Cable Connection	Yes
AC TV Power Connection	Yes
Monitor Mount	Yes

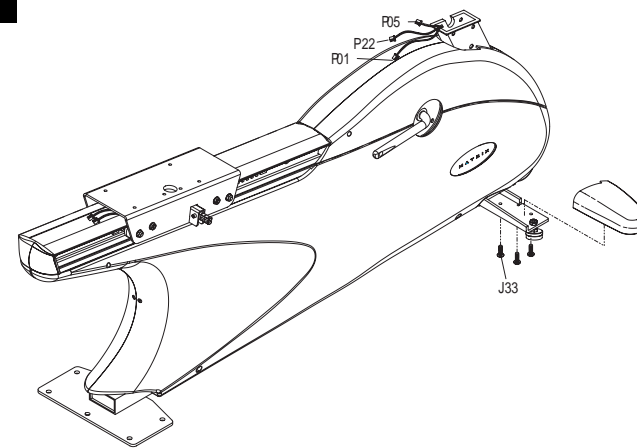
6.1) RECUMBENT CYCLE FASTENERS & ASSEMBLY TOOLS

MX-R5x

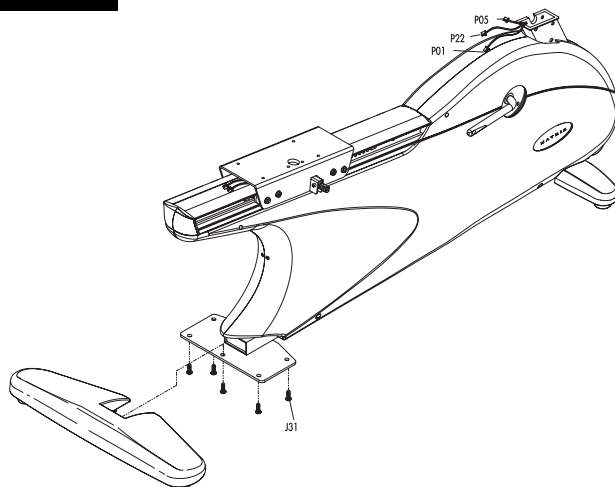
NO.	SKETCH	DESCRIPTION	Q'TY	PACKAGE COLOR
J31		BUTTON HEAD BOLT (M10x20L)	5	GREEN
J33		BUTTON HEAD BOLT (M8x20L)	6	GREEN
C24		FLAT WASHER (Ø8.2xØ18x1.4t)	2	YELLOW
C25		BUTTON HEAD BOLT (Ø4x12L)	3	YELLOW
C30		BUTTON HEAD BOLT (M8x50L)	2	YELLOW
C31		BUTTON HEAD BOLT (Ø3x10L)	2	YELLOW
D40		BUTTON HEAD BOLT (M5x25L)	2	ON THE SLIPPING BASE SET
D43		SPRING WASHER (SW5 5.1x9.3x1.3t)	2	ON THE SLIPPING BASE SET
D44		BUTTON HEAD BOLT (M8x50L)	4	RED
D46		ARC WASHER (Ø8.2xØ18x1.5t)	4	RED

NO.	SKETCH	DESCRIPTION	Q'TY	PACKAGE COLOR
D55		SPRING WASHER (SW8 8x17x1.5t)	8	RED
D57		BUTTON HEAD BOLT (M8x15L)	4	RED
D58		BUTTON HEAD BOLT (M8x15L)	3	RED
N25		BUTTON HEAD BOLT (M5x10L)	6	ON THE CONSOLE
Z01		4mm ALLEN WRENCH	1	PURPLE
Z02		5mm ALLEN WRENCH	1	PURPLE
Z05		PHILLIPS DRIVER (4.5x50mm)	1	PURPLE
Z06		OPEN WRENCH (#15#17 325L)	1	ON THE CARTON
Z07		5mm ALLEN WRENCH	1	PURPLE
Z08		6mm ALLEN WRENCH	1	PURPLE

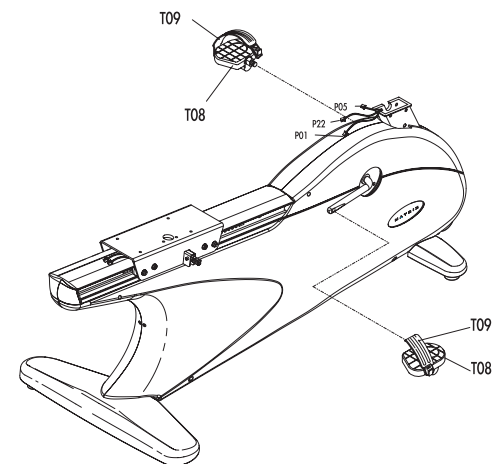
STEP 1



STEP 2

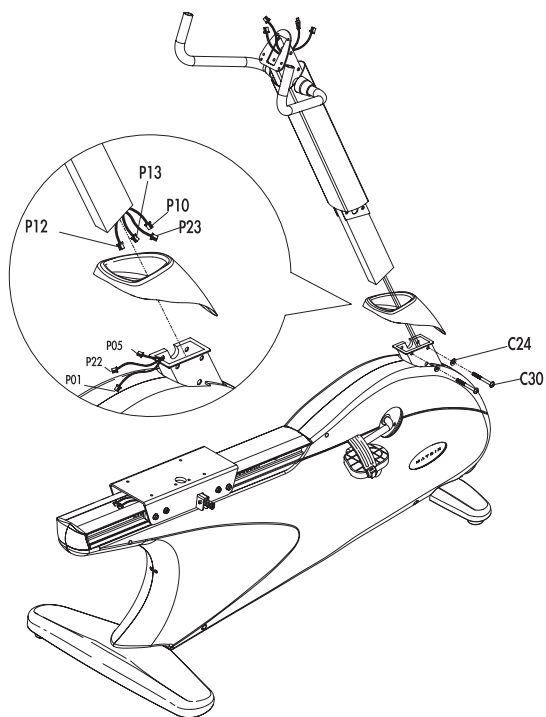


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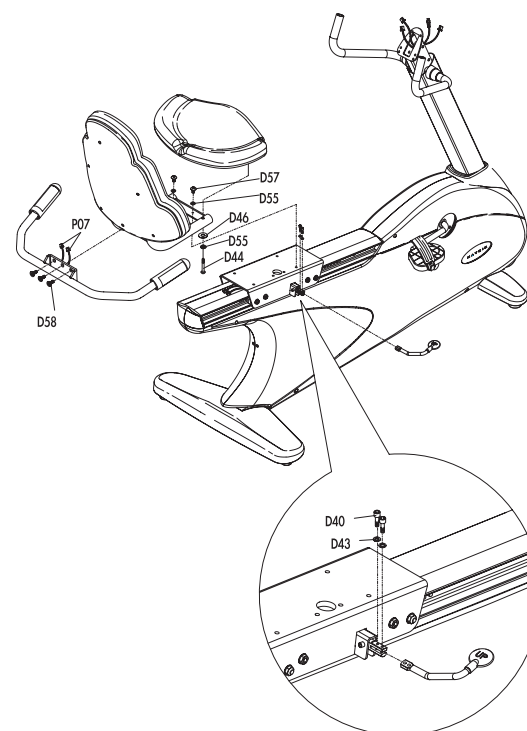


6.0 ASSEMBLY

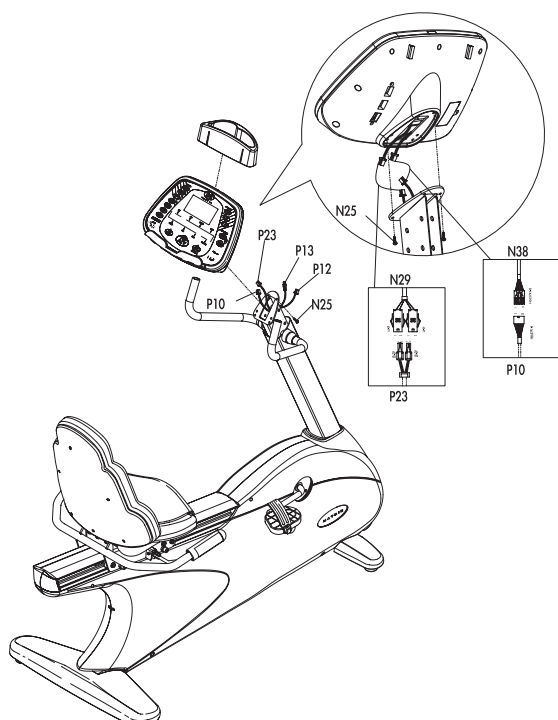
STEP 4



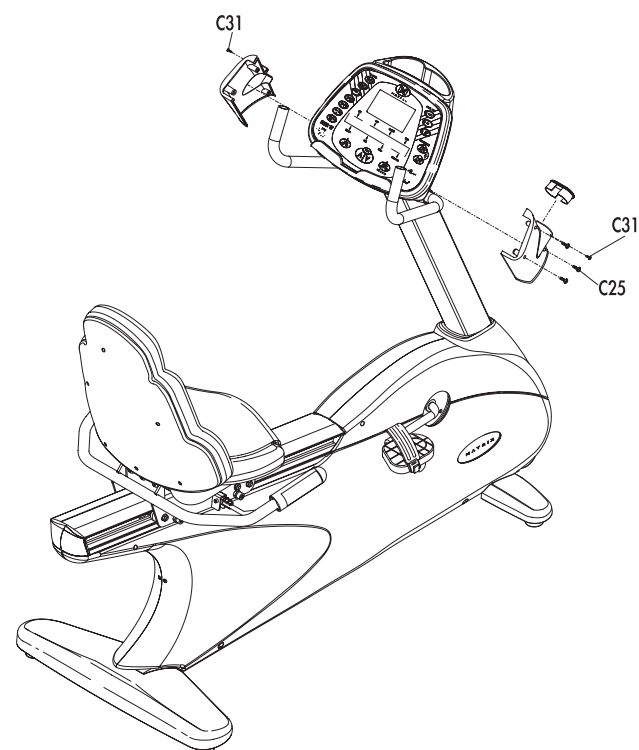
STEP 5



STEP 6



STEP 7



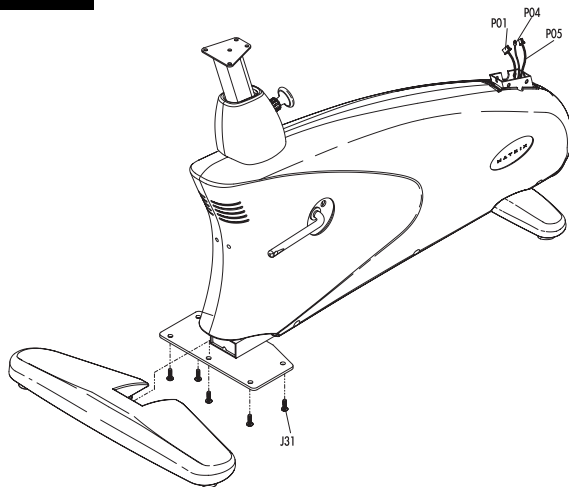
6.0 ASSEMBLY

6.2) UPRIGHT CYCLE FASTENERS & ASSEMBLY TOOLS

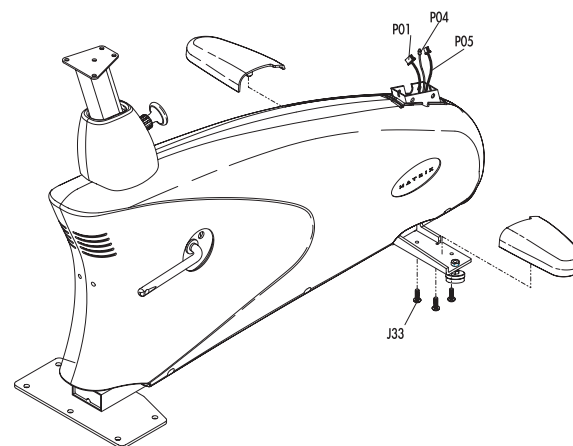
MX-U5x

NO.	SKETCH	DESCRIPTION	Q'TY	PACKAGE COLOR	NO.	SKETCH	DESCRIPTION	Q'TY	PACKAGE COLOR
J31		BUTTON HEAD BOLT (M10x20L)	5	GREEN	D08		SPRING WASHER (SW8 8.2x15.4x2t)	4	ON THE SEAT SET
J33		BUTTON HEAD BOLT (M8x20L)	6	GREEN	D16		FLAT WASHER (ø8.4xø15.5x1.6t)	4	ON THE SEAT SET
C14		BUTTON HEAD BOLT (M8x50L)	2	YELLOW	G08		BUTTON HEAD BOLT (M8x15L)	8	RED
C16		FLAT WASHER (ø8.2xø18x1.4t)	2	YELLOW	N25		BUTTON HEAD BOLT (M5x10L)	6	ON THE CONSOLE
C15		BUTTON HEAD BOLT (4x12L)	2	BLUE	Z02		4mm ALLEN WRENCH	1	PURPLE
C17		BUTTON HEAD BOLT (M8x55L)	1	WHITE	Z03		5mm ALLEN WRENCH	1	PURPLE
C18		SPRING WASHER (SW8 8.2x15.4x2t)	1	WHITE	Z04		6mm ALLEN WRENCH	1	PURPLE
C19		BUTTON HEAD BOLT (M4x12L)	2	BLUE	Z06		PHILLIPS DRIVER (4.5x50mm)	1	PURPLE
C20		BUTTON HEAD BOLT (ø3x10L)	2	BLUE	Z07		OPEN WRENCH (#15#17 325L)	1	ON THE CARTON
D07		BUTTON HEAD BOLT (M8x20L)	4	ON THE SEAT SET					

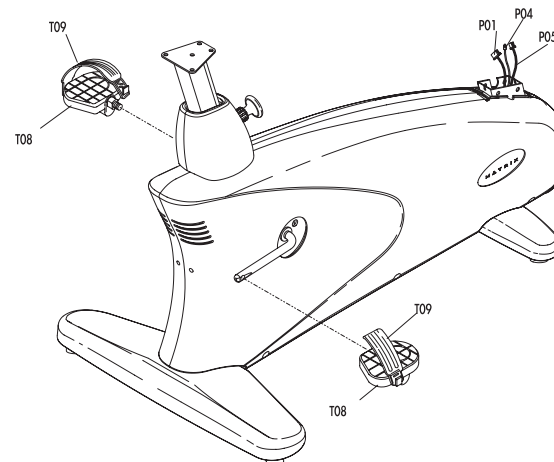
STEP 2



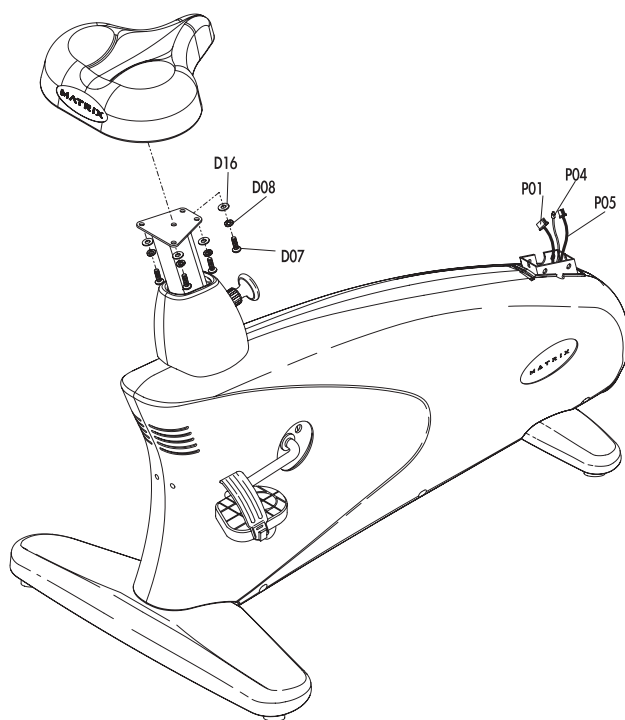
STEP 1



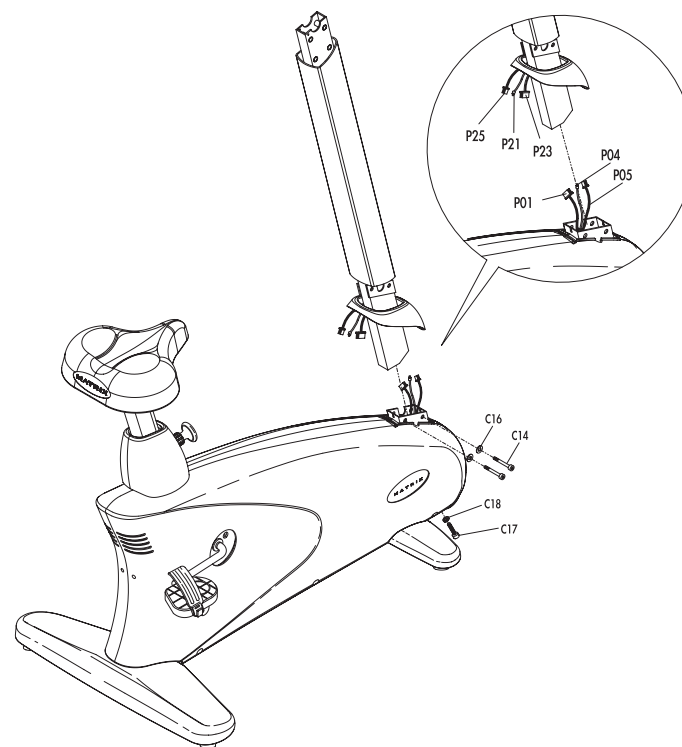
STEP 3



STEP 4

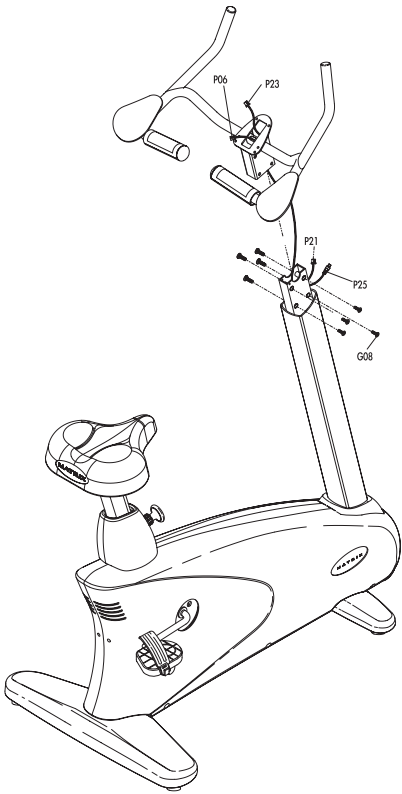


STEP 5

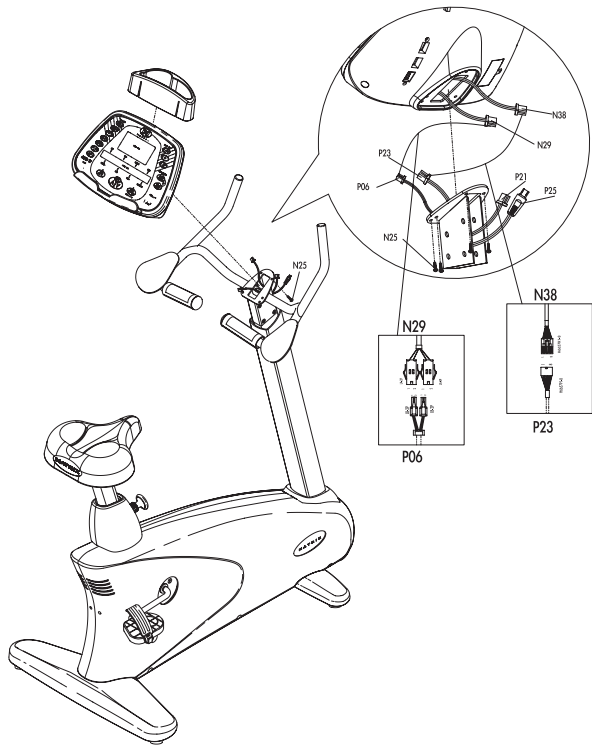


6.0 ASSEMBLY

STEP 6



STEP 7



STEP 8

